



U.S. NAVAL SEA CADET CORPS

American Veterans Division

OUR MISSION: TO PREPARE TODAY'S YOUTH FOR A STRONGER NATION TOMORROW

Drill Location: [The King's Academy](#)

8401 Belvedere Road

West Palm Beach, Florida 33411

Mailing Address: PO Box 741513

Boynton Beach, FL 33470

Website: www.avseacadets.org

Email: CO@avseacadets.org

Commanding Officer:	LTJG Larry Saulog
Executive Officer:	LTJG Doug Reece
Admin. Officer:	INST Cindy Saulog
Operations Officer:	INST Bill Boggess
Training Officer:	INST Keith Morin
Supply Officer:	INST Anguer Morin
Division Officer:	INST Corey Reece
TKA Liason:	Joanne Hansrote
Parent Liason:	Scott Spell

PLAN OF THE DAY Tuesday 09 JAN 2018

1815-1830 Muster, Attendance (Check-in @Quarterdeck)
1830-2025 Physical Training
2030-2115 Final Remarks and Dismissal

UNIFORM OF THE DAY

Officers:	NWU - Down or ALT
Petty Officers:	PT Gear
Cadets:	PT Gear

PT Gear consists of AMVets PT shirt, solid black/navy shorts or navy sweat pants, and unit ball cap. Cadets need to wear running or cross-training shoes with NON-MARKING soles only. NO skateboarding, Converse, Vans or other shoes. NOTE: PT Gear Uniform and NWU ALWAYS includes your "filled" canteen with belt.

MANDATORY EVENTS

16-18 FEB - POLA Joint FTX (Port Saint Lucie, FL)

06 MAR - Swim Qualifications (TKA Pool)

07 APR - FLAGSHIP COMPETITION (USCGS Fort Lauderdale)



The Plan of the Day is published as a general rule. It contains both OFFICIAL and UNOFFICIAL material.

Read it and share with your parents and prospective Cadets.
ALL HANDS ARE CHARGED WITH KNOWLEDGE OF ITS CONTENTS.